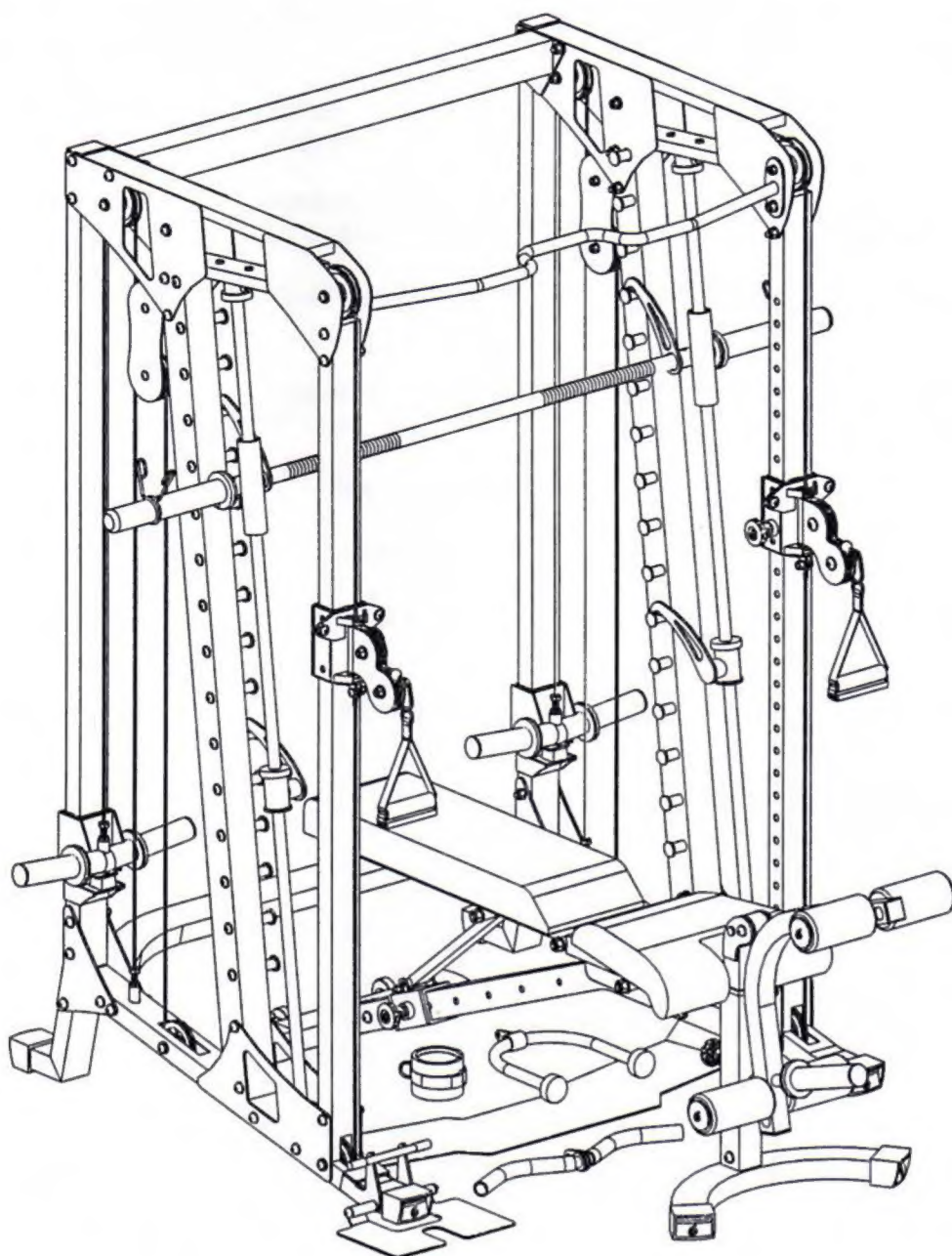


# **NAUTILUS<sup>®</sup>**

## **Smith Machine with Cable Crossover**

### ***Assembly Instruction Illustrations & Parts List***



**NT-CC1**  
**Part # 5250015**

# IMPORTANT PRECAUTIONS and WARNINGS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the **Nautilus® NT-CC1 Smith Machine with Cable Crossover**. Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. We assume no responsibility for personal injury or property damage sustained by, or through the use of, this product. This **Nautilus® NT-CC1 Smith Machine with Cable Crossover** is intended for home use only. **DO NOT** use this equipment in any commercial, rental, or institutional setting.

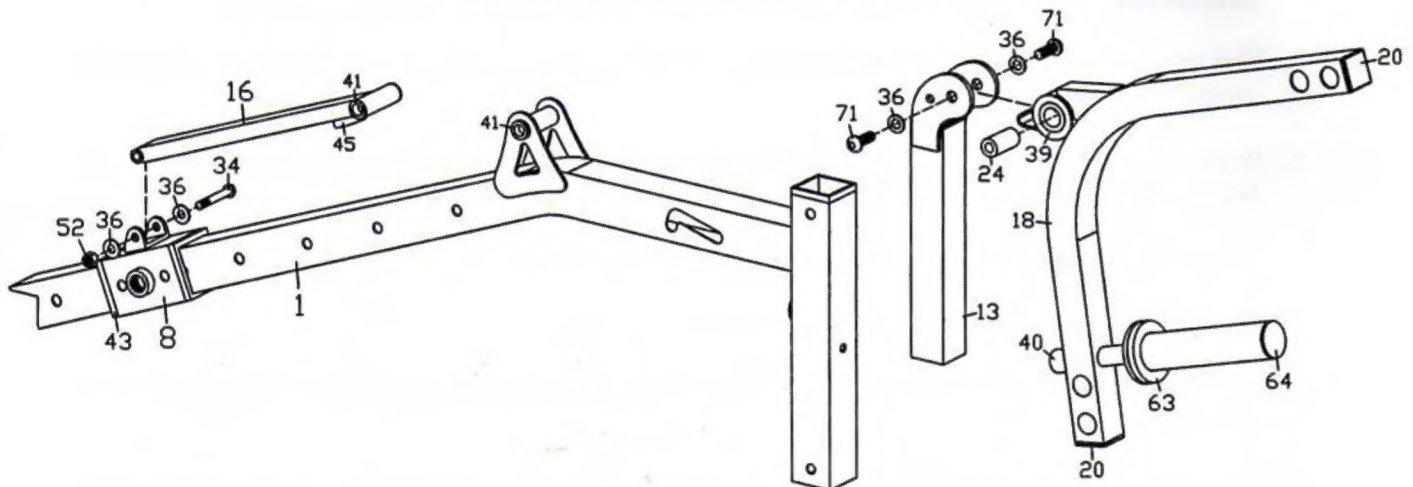
1. **IMPORTANT!** This Nautilus product has a maximum user weight limit of 136 kgs. (300 lbs.) and is not designed to be used with any load greater than the supplied weight 93 kgs. (of 205 lbs.) Do not use any means to increase the resistance of the machine that is not specified in the owner's manual.
2. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of all precautions.
3. Read all instructions and warnings in this manual, on the machine, and in the accompanying literature before using this equipment.
4. **If you feel pain, lightheadedness, dizziness, or shortness of breath at any time while exercising, stop immediately, begin cooling down, and consult your physician.**
5. Use this equipment only on a level surface. Cover the floor or carpet beneath this equipment for protection.
6. Inspect and tighten all parts often. **Replace any worn cables or other parts immediately! DO NOT USE IF YOU NOTICE WEAR!**
7. Keep children and pets away from this equipment at all times.
8. Always wear athletic shoes for foot protection.
9. Keep hands and feet away from moving parts and do not wear loose clothing while you are near the equipment.
10. Never release the weight bar or cable handles while weights are raised. The weights will fall with great force.
11. Make sure that the cables remain on the pulleys at all times. If the cables bind while you are exercising, stop immediately and make sure that the cables are on all of the pulleys. Before each use, check the cable clips on ends of the steel cable to ensure they are securely fastened and pull the cables a few times to be sure that the cables move smoothly over the pulleys. If the cables do not move smoothly, find and correct the problem.
12. We suggest periodically using some silicone-based lubricant in the bearings located in the Weight Bar Holders (77) and in the square plastic sleeves (96) located in the weight plate holders (60) and Front Sliders (58 & 81).
13. When weights are on the weight bar always secure them with the spring clips provided.
14. Before each use, check the cable clips on both ends of the cables to ensure they are securely fastened.
15. Read all warnings posted on the unit.



## Assembly Instructions for the **Nautilus® NT-CC1 Smith Machine**

- A flat area of 9' x 9' (2.7m x 2.7m) will be required to assemble and properly use the **Nautilus® NT-CC1 Smith Machine**.
- You will need the following tools to complete the assembly:
  - 7/32" (5.5mm) Allen Wrench
  - 5/16" (7.14mm) Allen Wrench
  - 3/16" (4.8mm) Allen Wrench
  - 11/16" (15.5mm) Box Wrench
  - 1" (25.4mm) Box Wrench
  - 3/4" (19mm) Box Wrench
  - Floor padding, such as cardboard, to avoid scratching your floor during assembly.
  - A good pair of scissors will be helpful in separating parts from one another during removal from the cartons.
  - Because of precision machining, the **Nautilus® NT-CC1 Smith Machine** uses several different lengths of bolts. Be careful to use the right length of bolt called for at each step of assembly. Refer to the illustration and sizing charts provided.
  - **Some parts in the following assembly drawings have been assembled on the unit prior to shipment. They are shown in the drawings for reference only in the event that replacement parts are needed.**

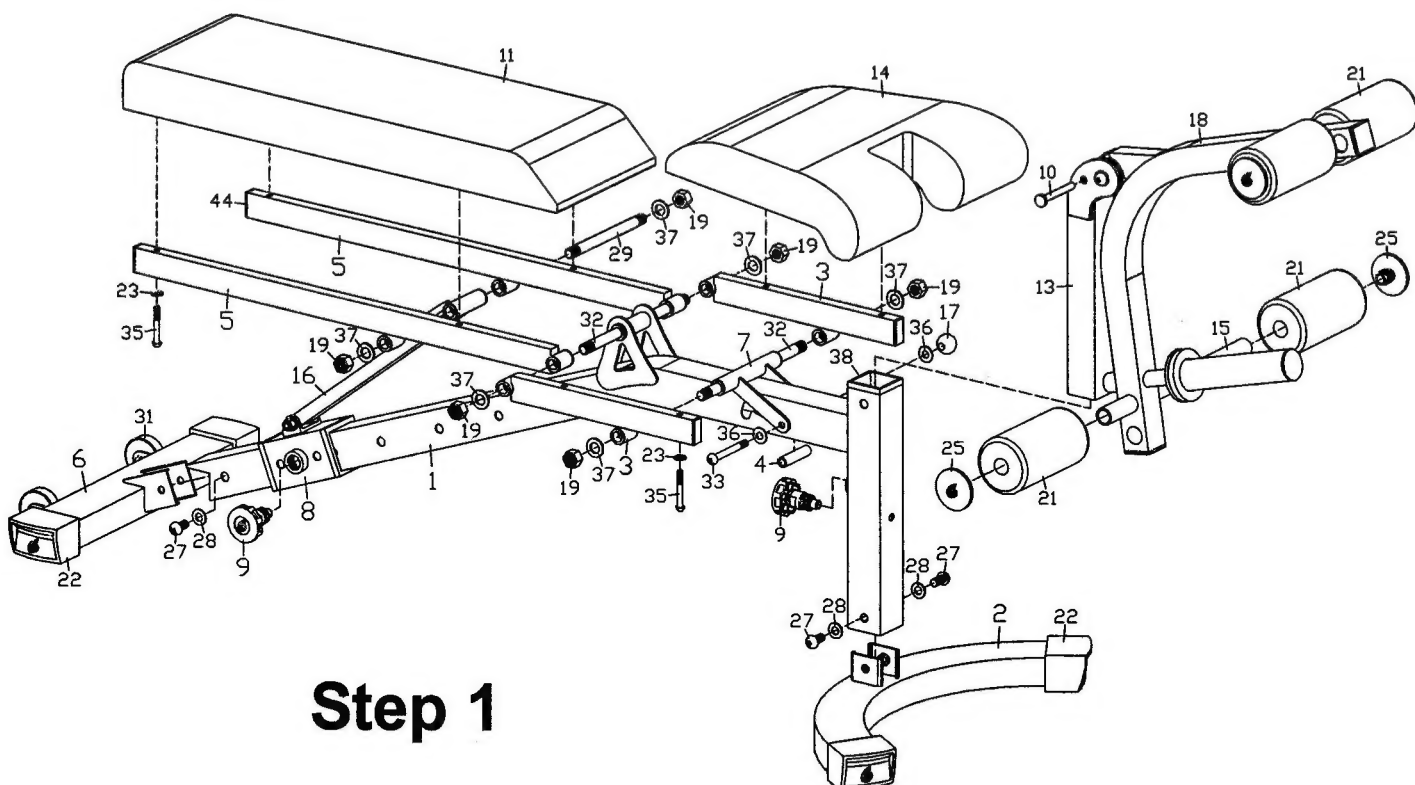
### Bench Assembled Parts



### STEP 1 Bench Assembly (see picture "Step 1")

1. Align the hole in the threaded lug of the sliding frame (8) with one of the side holes on the main frame (1) and insert the screw-down pull pin (9) into the holes, then secure the pin to lock in place by turning knob clockwise.
2. Attach the bench front base (2) to the main frame (1) using two bolts (27) and two washers (28) as shown. **HAND TIGHTEN** the bolts at this time.
3. Attach the bench rear base (6) to the bench main frame (1) using two bolts (27) and two washers (28) as shown. **HAND TIGHTEN** the bolts at this time.
4. Now tighten all bolts used for assembly in previous steps.
5. Attach the seat adjusting lever (7) to the main frame (1) using a pivot sleeve (4), two washers (36), a bolt (33) and a ball nut (17). Tighten the ball nut (17) securely.
6. Attach the bench backrest cushion (11) to the backrest support rails (5) using four bolts (35) and four washers (23) as shown. **HAND TIGHTEN** the bolts at this time.

7. Attach the seat cushion (14) to the seat support rails (3) using four bolts (35) and four washers (23) as shown. **HAND TIGHTEN** the bolts at this time.
8. Attach the backrest support rails (5) and the seat support rails (3) to the bench main frame (1) using a stud (32), two washers (37) and two nuts (19) as shown. **Be sure the stud (32) is centred and then tighten the nuts (19) to where you can still rotate the support rails (3 & 5) freely.**
9. Attach the seat adjusting lever (7) located on the main frame (1) to the two seat support rails (3) using a stud (32), two washers (37) and two nuts (19) as shown. **Be sure the stud (32) is centred and then tighten the nuts (19) to where you can still rotate the lever (7) freely.**
10. Attach the backrest adjusting lever (16) to the two backrest support rails (5) using a stud (29), two washers (37) and two nuts (19) as shown. **Be sure the stud (29) is centred and then tighten the nuts (19) to where you can still rotate the lever (16) freely.**

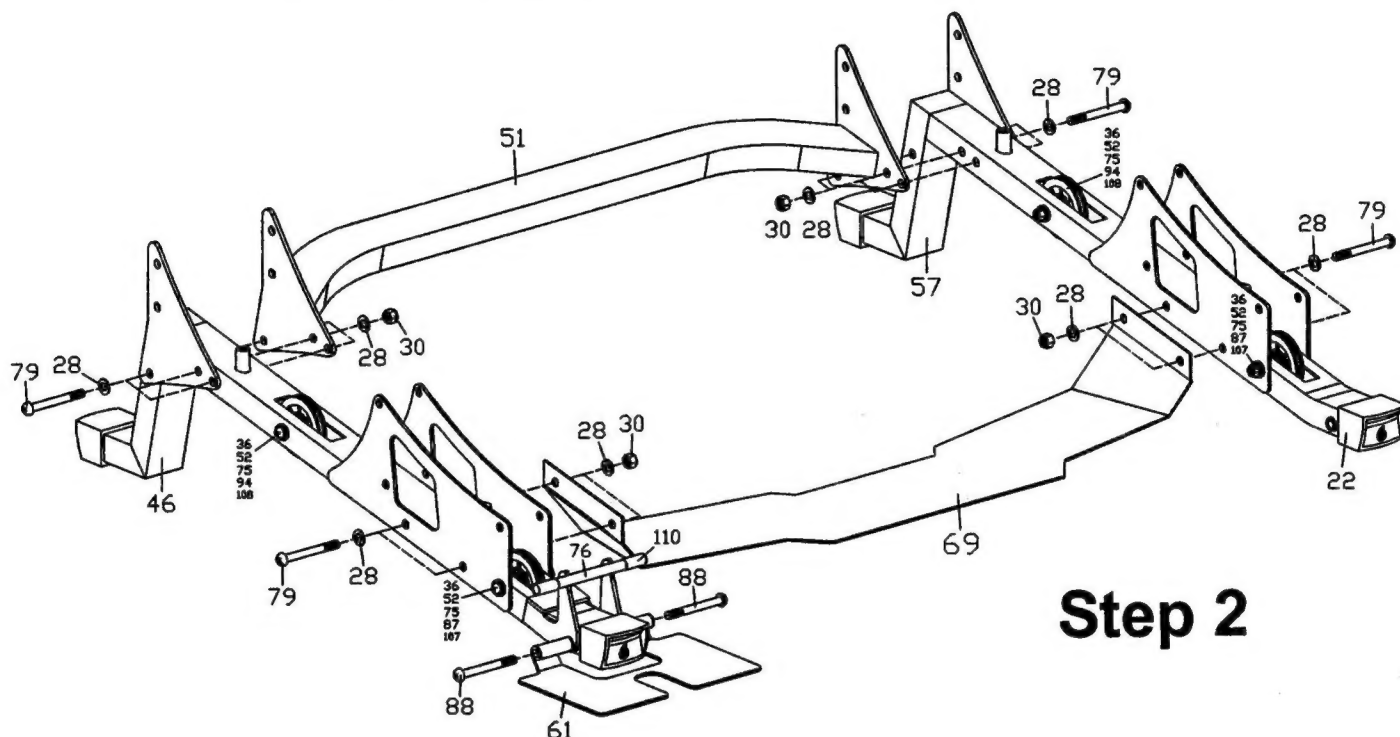


## Step 1

11. Tighten all bolts and nuts used for assembly in steps 5-10 at this time.
12. Slide the leg curl/extension post (13) into the vertical tube of the main frame (1) as shown. Pull the handle on the screw-down pull pin (9) previously installed. This will allow the leg curl/extension post (13) to slide down. Release the pin to lock in place and secure by turning knob clockwise.
13. Slide the two roller support tubes (15) through the holes in the leg curl/extension (18). Centre the roller support tubes (15) and slide a foam roller (21) onto each end of the roller support tubes (15).
14. Insert a plastic roller retaining cap (25) into each end of the roller support tubes (15).
15. Insert the locking pin (10) into the hole on top of the leg curl/extension post (13) only when the leg curl/extension (18) needs to be locked in place.
16. **Check all bolts and tighten as needed.**

## STEP 2 Smith Base Frame Assembly (see picture "Step 2")

1. Attach the left and right base rails (46 & 57) to the big foot plate (69) using four bolts (79), eight washers (28) and four lock nuts (30). HAND TIGHTEN the bolts at this time.
2. Attach the left and right base rails (46 & 57) to the lower cross brace (51) using six bolts (79), twelve washers (28) and six lock nuts (30). HAND TIGHTEN the bolts at this time.
3. Attach the small foot plate (61) and the stop bracket (76) to the left base rail using two bolts (88) as shown. Tighten the bolts securely.

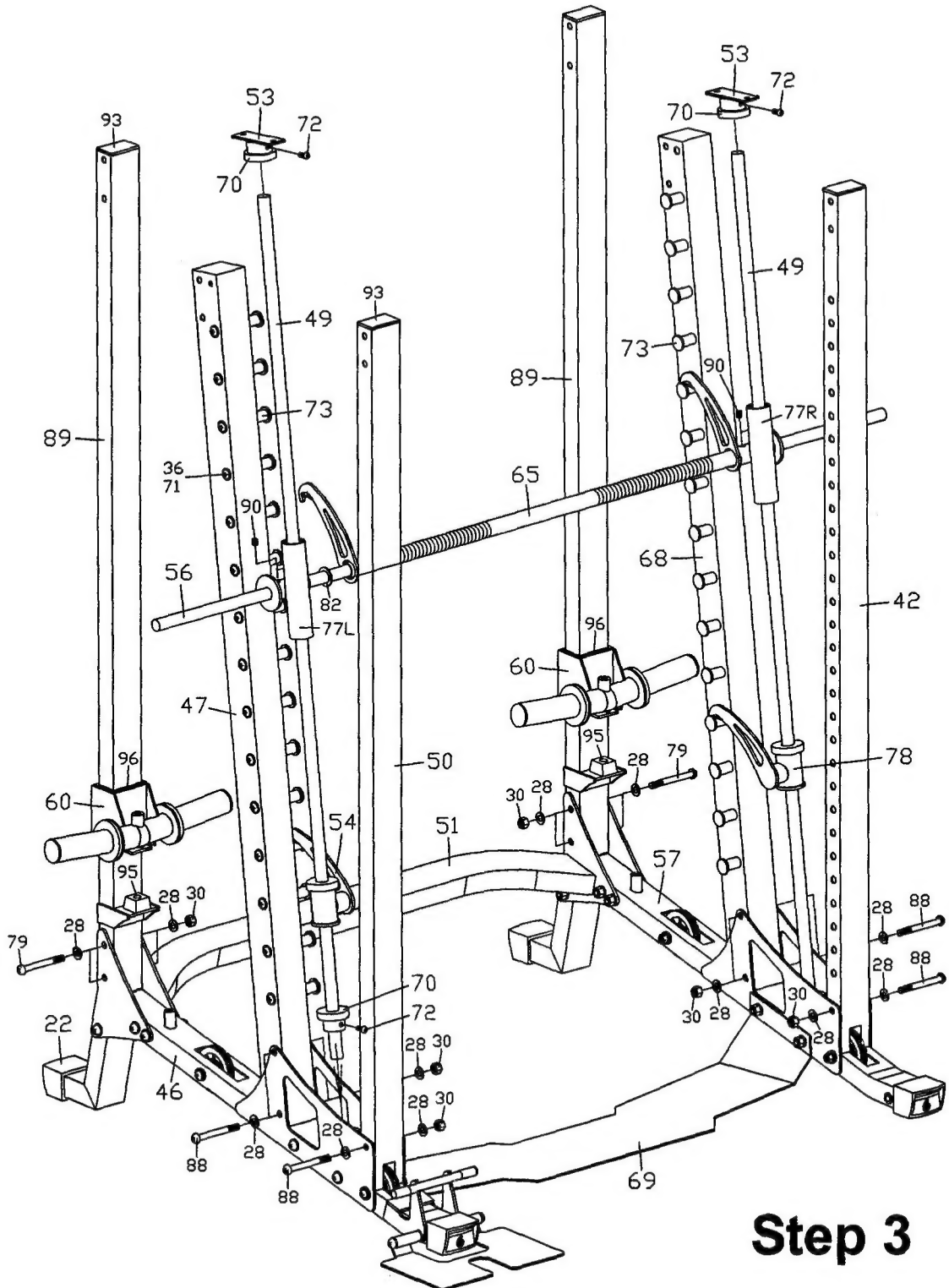


## STEP 3 Upright and Support Post Assembly (see picture "Step 3")

1. Attach the two rear support posts (89) to the left and right base rails (46 & 57) and lower cross brace (51) using four bolts (79), eight washers (28) and four lock nuts (30). HAND TIGHTEN the bolts at this time.
2. Attach the left and right uprights (47 & 68) to the left and right base rails (46 & 57) using four bolts (88), eight washers (28) and four lock nuts (30). HAND TIGHTEN the bolts at this time.
3. Insert both of the weight bar guide rods (49) down into the rubber guide-rod cups (70) attached on the left and right base rails (46 & 57). Insert the bolts (72) into the front holes in the cup pockets. HAND TIGHTEN the bolts at this time.
4. With the aid of your helper, slide the weight bar safety supports (54 & 78) and the weight bar holders (77) onto the guide rods (49) as shown. Hang the weight bar safety supports (54 & 78) onto the desired support rods (73) located on the uprights (47 & 68).
5. Place the two guide-rod top plates (53) onto top ends of the weight bar guide rods (49) so that the guide-rod cups (70) fully engage the guide rods (49). Insert the bolts (72) into the front holes in the top plates (53). HAND TIGHTEN the bolts at this time.
6. Place the weight bar support sleeve (65) between the two weight bar holders (77) and hang its hooks onto the desired support rods (73) attached on the two uprights (47 & 68).



7. With the aid of your helper, place a brass washer (82) onto each end of the weight bar support sleeve (65) and align their holes with the side holes in the weight bar holders (77) and insert the weight bar (56) through all the holes. Centre the weight bar (56) and hand tighten the set screws (90) located on the weight bar holders (77).



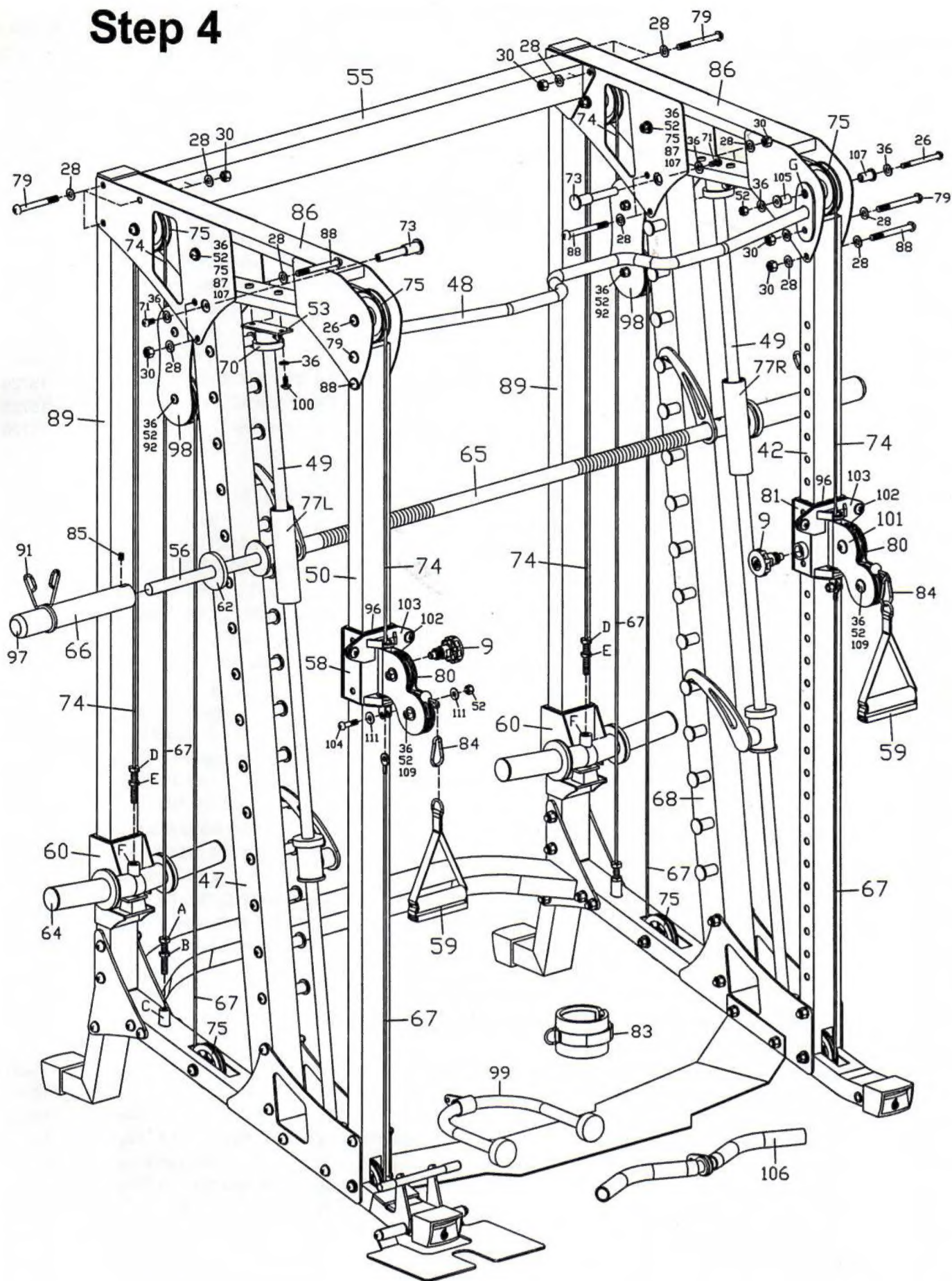
## Step 3

8. Slide the two weight plate holders (60) onto the two rear support posts (89). **NOTE: Make sure the plate holder rods angle upwards.**
9. Attach the two front support posts (42 & 50) to the left and right base rails (46 & 57) using two bolts (88), four washers (28) and two lock nuts (30). **HAND TIGHTEN** the bolts at this time.

## STEP 4 Upper Pulley Frame and Cable Installation (see picture "Step 4")

1. Slide the left and right front sliders (58 & 81) onto the front support posts (42 & 50). Align the hole in the threaded lug of the front sliders (58 & 81) with one of the side holes on the front support posts (42 & 50) and insert the screw-down pull pin (9) into the holes, then secure the pin to lock in place by turning knob clockwise.
2. Place the two upper pulley frame assemblies (86) on top of the uprights (47 & 68) and support posts (42, 50 & 89) and align the corresponding holes.
3. Attach the upper pulley frames (86) to the upper cross brace (55) and the two rear support posts (89) using six bolts (79), twelve washers (28) and six lock nuts (30). **HAND TIGHTEN** the bolts at this time.
4. Attach the upper pulley frames (86) to the left and right uprights (47 & 68) using four bolts (88), eight washers (28) and four lock nuts (30). **Note: In this step, the four bolts (88) should be inserted from inner side of the machine to the outside. The washers and nuts will be on the outside of the unit and the bolt heads will be on the inside.** **HAND TIGHTEN** the bolts at this time.
5. Attach the two guide-rod top plates (53) to the upper pulley frames (86) using four bolts (100) and four washers (36). **HAND TIGHTEN** the bolts at this time.
6. Remove the two lock nuts (52), two washers (36) and two pulley spacers (105) from the front inner ends of the upper pulley frames (86) and retain the bolts (26) in the pulleys (75) as shown.
7. Place the chin-up cross rail (48) between the front ends of the two upper pulley frames (86) and align the bigger pre-drilled holes (G) on the elliptic plates at the end of chin-up cross rail (48) with the two bolts (26). Reinsert the pulley spacers (105) into the bigger pre-drilled holes (G) and secure with the two lock nuts (52) and two washers (36) removed in step 6.
8. Attach the chin-up cross rail (48) and the two front support posts (42 & 50) to the upper pulley frames (86) using two longer bolts (79), two shorter bolts (88), eight washers (28) and four lock nuts (30). **HAND TIGHTEN** the bolts at this time.
9. **Tighten all bolts and nuts used for assembly in previous steps.**
10. Connect the weight plate holder (60) to the lat cable (74) by screwing the adjusting cable end bolt (D) into the threaded hole on top of the weight plate holder (60). Lock the cable in position with the lock nut (E) provided. **NOTE: Be sure that the lat cable (74) is in the groove of each pulley and that the cable and pulleys move smoothly.**
11. Attach the front loose end of the low row cable (67) to the Front Sliders (58 & 81) using two bolts (104), four small washers (111) and two lock nuts (52) as shown. **Tighten the bolts securely.**
12. Place the low row cable (67) onto the lower pulley of the double-pulley assembly (98) so that the cable end bolt (A) points to the back of the machine.
13. Connect the low row cable (67) to the base rails (46 & 57) by threading the adjusting cable end bolt (A) into the threaded lug (C) on top of the base rails (46 & 57). Lock the cable in position with the lock nut (B) provided. **NOTE: Be sure that the low row cable (67) is in the groove of each pulley and that the cable and pulleys move smoothly.**
14. Attach the two Olympic adapters (66) to the weight bar (56) using two set screws (85) provided. Tighten the screws securely. Attach the handgrip (59) to the lat cable (74) using a cable clip (84).

# Step 4



Specifications subject to change without notice.



# PARTS LIST

Assembly #	Description	Pre-assembled	Hardware Pack	Total Qty	Nautilus Part #
1	Bench Main Frame	1		1	57000
2	Bench Front Base	1		1	15714
3	Seat Support Rail	2		2	15715
4	Pivot Sleeve 0.63" (16mm) diam. x 2.58" (66.53mm)	1		1	15716
5	Backrest Support Rail	2		2	15717
6	Bench Rear Base	1		1	15718
7	Seat Adjusting Lever	1		1	15791
8	Sliding Frame	1		1	57001
9	Screw-down Pull Pin	4		4	15522
10	Locking Pin 0.33" (8.38mm) diam. x 2.94" (74.6mm)		1	1	15158
11	Bench Backrest Cushion	1		1	15721
12	Crossover Smith Number Decals	2		2	57050
13	Leg Curl/Extension Post	1		1	15955
14	Seat Cushion	1		1	15724
15	Roller Support Tube	2		2	15725
16	Backrest Adjusting Lever	1		1	15726
17	3/8" (9.53mm) Ball Nut	1		1	15521
18	Leg Curl/Extension	1		1	57002
19	5/8" (15.7mm) Nylon Lock Nut	6		6	15073
20	Nylon Inner Plug 1.77" (45mm) x 1.77" (45mm)	2		2	15147
21	Foam Roller, 4" (102mm) diam. x 6.5" (165.1mm)	4		4	15059
22	Foot End Cap 3" (76.2mm) x 1.77" (45mm)	4		4	15113
23	5/16" (7.14mm) Flat Washer		8	8	15546
24	Sleeve Nut 3/8" x 2" (9.53mm x 50.8mm)	1		1	57052
25	Roller Retaining Cap		4	4	57003
26	3/8" x 4-1/2" (9.53mm x 114.3mm) Allen Bolt	2		2	57004
27	1/2" x 1" (12.7mm x 25.4mm) Allen Bolt		4	4	15728
28	1/2" (12.7mm) Flat Washer		72	72	15543
29	Stud 5/8" x 7-3/4" (15.9mm x 196.8mm)	1		1	15729
30	1/2" (12.7mm) Nylon Lock Nut		34	34	15069
31	Foot Wheel	2		2	15460
32	Stud 5/8" x 10-3/4" (15.9mm x 273.1mm)	2		2	15730
33	3/8" x 3-1/2" (9.53mm x 88.9mm) Allen Bolt	1		1	15731
34	3/8" x 2-3/4" (9.53mm x 69.8mm) Allen Bolt	1		1	15732
35	5/16" x 2-1/4" (7.14mm x 57.2mm) Allen Bolt		8	8	15037
36	3/8" (9.53mm) Flat Washer	86		86	17039
37	5/8" (15.9mm) Flat Washer	6		6	15547
38	Square Plastic Sleeve 1.97" x 2.36" (50mm x 59.9mm)	1		1	15489
39	Round Plastic Bushing	2		2	15478
40	Bumper Cap	1		1	15049
41	Round Plastic Bushing 1" (25.4mm) diam. x 3/8" (9.5mm)	22		22	15733
42	Front Support Post, right	1		1	57005
43	Square Plastic Sleeve 2.37" x 2.96" (60.2mm x 75.2mm)	2		2	15491
44	Nylon Inner Plug 1.57" x 0.79" (39.9mm x 20.1mm)	4		4	15735
45	Round Bumper 1.65" (41.9mm) diam.	1		1	15474
46	Smith Left Base Rail Assembly	1		1	57006
47	Left Upright	1		1	57007
48	Chin-up Cross Rail	1		1	57008
49	Weight Bar Guide Rod	2		2	57009
50	Front Support Post, left	1		1	57010
51	Lower Cross Brace	1		1	57011
52	3/8" (9.53mm) Nylon Lock Nut	25		25	15071
53	Guide-rod Top Plate	2		2	57012
54	Weight Bar Safety Support, left	1		1	57013
55	Upper Cross Brace	1		1	57014
56	Weight Bar	1		1	57015
57	Smith Right Base Rail Assembly	1		1	57016

# PARTS LIST

Assembly #	Description	Pre-assembled	Hardware Pack	Total Qty	Nautilus Part #
58	Front Slider, left	1		1	57017
59	Handgrip	2		2	57018
60	Sliding Weight Plate Holder	2		2	57019
61	Small Foot Plate	1		1	57020
62	Round Bumper Ring 3.15"/1" (80mm x 25.4mm) diam.	2		2	15801
63	Round Bumper Ring 3.15" x 1.97" (80mm x 50mm) diam.	5		5	15751
64	Round Inner Plug 1.89" (48mm) diam.	5		5	15473
65	Weight Bar Support Sleeve	1		1	57021
66	Olympic Adapter	2		2	57022
67	Low Row Cable	2		2	57023
68	Right Upright	1		1	57024
69	Foot Plate	1		1	57025
70	Guide-rod Cup 1" x 1.73" (25.4mm x 43.9mm) diam.	4		4	15064
71	3/8" x 3/4" (9.53mm x 19.05mm) Allen Bolt	34		34	15028
72	5/16" x 3/4" (7.94mm x 19.05mm) Allen Bolt	4		4	15039
73	Support Rod	32		32	57026
74	Lat Cable	1		1	57027
75	Pulley 4.53" (115.1mm) diam. x 0.77" (19.5mm)	14		14	15896
76	Stop Bracket	1		1	57028
77	Weight Bar Holder	2		2	57029
78	Weight Bar Safety Support, right	1		1	57030
79	1/2" x 4-1/4" (12.7mm x 107.95mm) Allen Bolt		22	22	15014
80	Pulley 3.55" (90.2mm) diam. x 0.69" (17.5mm)	4		4	57031
81	Front Slider, right	1		1	57032
82	Brass Washer, 1.26" x 1" (32mm x 25.4mm) diam.	2		2	15075
83	Ankle Cuff	1		1	57033
84	Cable Clip	2		2	15054
85	Set Screw, 5/16" x 1/2" (7.94mm x 12.7mm)	2		2	15938
86	Upper Pulley Frame Assembly	2		2	57034
87	3/8" x 4-1/4" (9.53mm x 107.95mm) Allen Bolt	6		6	15031
88	1/2" x 4" (12.7mm x 10.2mm) Allen Bolt		14	14	15931
89	Rear Support Post	2		2	57035
90	Set Screw, 3/8" x 5/8" (9.53mm x 15.9mm)	4		4	15937
91	Spring Clip	2		2	57036
92	3/8" x 1-3/4" (9.53mm x 44.45mm) Allen Bolt	4		4	15024
93	Nylon Inner Plug, 2.96" x 1.78" (75.2mm x 45.2mm)	4		4	57037
94	3/8" x 4" (9.53mm x 10.2mm) Allen Bolt	2		2	57038
95	Square Rubber Bumper, 1.58" x 1.58" (40.1mm x 40.1mm)	2		2	15483
96	Square Plastic Sleeve, 2.96" x 1.78" (75.2mm x 45.2mm)	8		8	15960
97	Round Inner Plug 1.97" (50mm) diam.	2		2	57039
98	Double Pulley Assembly	2		2	57040
99	Tricep Rope	1		1	57041
100	3/8" x 1/2" (9.53mm x 12.7mm) Allen Bolt	4		4	15021
101	Sliding Pulley Cover	2		2	57042
102	3/8" x 1" (9.53mm x 25.4mm) Allen Bolt	4		4	15020
103	Linking Plate	2		2	57043
104	3/8" x 1-1/2" Allen Bolt (9.53mm x 38.1mm) Allen Bolt	2		2	15023
105	Pulley Spacer, 1" Dia x 1.5"	2		2	57044
106	Low Row Pull Bar	1		1	15744
107	Pulley Spacer, 1" Dia x 1.3"	14		14	57045
108	Pulley Spacer, 1" Dia x 1.1"	4		4	57046
109	3/8" x 2" Allen Bolt	4		4	15025
110	Rubber Cap, 1.42" Dia x 1.54" L	2		2	57047
111	3/8" Flat Washer, 10/20 mm	4		4	57048
112	Cross Over Smith Hardware Pack A	1		1	57049
113	Cross Over Smith Hardware Pack B	1		1	57051